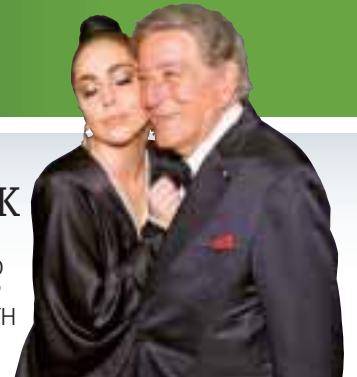


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Rights museum draws big crowds

Rain wasn't enough to keep people from The Forks this weekend to visit the Canadian Museum for Human Rights **PAGE 3**

HOW GAGA GOT HER GROOVE BACK

POP STAR SAYS WORKING WITH TONY BENNETT HELPED HER BOUNCE BACK AFTER HIP SURGERY, PARTING WAYS WITH HER MANAGER **PAGE 10**

See you at ElectionFest, Winnipeg

Today's the day. Have a face-to-face talk with candidates in one place

ELISHA
DACEYelisha.dacey@metronews.ca

The 2014 civic election is in one month, and if you're like me, you still don't know who you're going to vote for.

I don't know about you, but as far as I can tell, no candidates have knocked on my door. While being in media means I have an easier time getting to talk to candidates face to face, we don't all have that privilege.

So we decided to make it as easy as possible for everyone to get the opportunity.

Metro Winnipeg, the Downtown Winnipeg BIZ and the RBC Convention Centre present ElectionFest 2014, happening Monday from 6:30 to 8:30 p.m.

Here's how it works, read-

ers: You show up. You don't pay anything. You don't have to listen to speeches. You don't have to watch any grandstanding. You're given a map of the candidates, and you go talk to them.

That's it. You just have to show up to get answers. It doesn't get easier than that!

All seven mayoral candidates and most of the councilor candidates have confirmed their attendance. School trustees have been invited, although several incumbents will be at board meetings Monday night and won't be able to come.

Metro Winnipeg is committed to giving our readers information when they want it, how they want it. This is a one-stop shop to find out the ideas candidates in your neighbourhood have to fix roads, fund transit, deal with poverty, keep our green spaces gorgeous, keep taxes in line and their plan to be transparent (to name just a few topics you can bring up).

I sincerely hope you will join us tonight. See you there!



ELISHA DACEY/METRO

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Here's how it works: You show up. You don't pay anything. You don't have to listen to speeches. You don't have to watch any grandstanding. You're given a map of the candidates, and you go talk to them. That's it. You just have to show up to get answers. It doesn't get easier than that!

All nine candidates for mayor will be there, and most councillor candidates.

Metro Winnipeg is committed to giving our readers information when they want it, how they want it. This is a free, one-stop shop to find out the ideas candidates in your neighbourhood have to fix the roads, fund transit, deal with poverty issues, keep our green space gorgeous, keep taxes in line, and their plan to be transparent.



FIVE THINGS YOU NEED TO KNOW TODAY

1

ALL THE BUZZ OF PRE-SEASON

The Winnipeg Jets' first pre-season game happens tonight at MTS Centre against the Minnesota Wild. The early buzz is that the Jets won't make the playoffs. We say buzz off.

2

WILLY UNLIKELY

Winnipeg Blue Bombers head coach Mike O'Shea says QB Drew Willy is still recovering and the Blue and Gold are assuming he won't be ready in time for Saturday's game. Speedy healing, Willy.

3

BACK TO SCHOOL

It's back to the books — finally — for half a million students in British Columbia after a bitter teachers' strike that claimed the first three weeks of the new school year.

4

CIVIL-RIGHTS ISSUE

Civil-rights activists say Citizenship and Immigration Canada isn't doing enough to prevent potential abuses of its plan to revoke passports of those suspected of joining terror groups.

5

'NEIGHBORS' FROM HELL?

The DVD/Blu-ray release of *Neighbors*, starring Seth Rogen and Zac Efron, is out Tuesday. If you missed it in theatres be sure to pick it up tomorrow.

Despite the rain, RightsFest and the promise of free preview tours at the Canadian Museum for Human Rights drew large crowds to The Forks this past weekend. For more photos, check out metronews.ca

BERNICE PONTANILLA & SHANE GIBSON
winnipeg@metronews.ca



1 Canadian legend.

Talking aboriginal history — and genocide

Canadian legend Buffy Sainte-Marie tells the crowd during the Canadian Museum for Human Rights (CMHR) concert that she has been inside the museum and the word genocide is used for aboriginal peoples' history.



A weekend at the museum

2 Tribute. Fiddling for missing and murdered aboriginal women

East Coast fiddler Ashley MacIsaac started his set before the live broadcast of the CMHR main concert even started, playing a song in tribute to the families of missing and murdered indigenous women.

3 Concert. Friends for human rights

A group of friends poses for Metro Winnipeg during the CMHR concert on Saturday evening.



4 Preview tour. Interactive floor included

People try out the interactive floor during one of the free preview tours on Saturday.

5 Murals. Family day at the CMHR

A young family takes in one of the many murals at the CMHR on Saturday.

1 NEWS



READ TRANSIT TUESDAY IN METRO.

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News worth sharing.

metro

04

NEWS

metronews.ca
Monday, September 22, 2014

I'M A BIG FAN OF WINTER AND I'M NOT AFRAID TO SAY IT



WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

If everything we've seen, read and heard so far on the subject of this coming winter is true, then we're in for another legendary one. I'm down for whatever, but if you're dreading it, consider these a pre-emptive strike.

Book that vacation somewhere warm if you're able, but maybe this time plan to go somewhere off the grid and more interesting than touristy. Then you can spend any free time until you leave

researching and reading about it, one of the most fun things you can do, ever.

There are only 16 days until the Winnipeg Jets' first regular-season game. Hockey can cure pretty much any-

teer regularly at a homeless shelter, a United Way agency, or anywhere else that can benefit from your time and skill set.

There are only 14 Monday mornings, including this

Think like a dog. Every day is pretty much their favourite day. Zero thought given to the weather.

Maybe you planned on getting in better shape this year but haven't got around to it. Not to worry. Try it, and you may find out that running in the cold is actually easier for some reason. There are tons of us who think so.

Finally, if you're a big fan of winter, don't be afraid to say it. (I am. Big fan.) Some people will be mad at you, but it might rub off on others. We got this.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Both sides win

... Only 14 Monday mornings, including this one, until Christmas. Don't like Christmas? There are only 15 Monday mornings until Christmas is over.

thing.

Make the cold less about you, and more about others. Schedule time now to volun-

one, until Christmas. Don't like Christmas? There are only 15 Monday mornings until Christmas is over.

34-hour wait

Sinclair's family takes case to Manitoba's highest court

The family of a man who died during a 34-hour wait in a hospital emergency room is asking Manitoba's highest court to rule his charter rights were violated. Lower court judges have

previously struck down the heart of the family's lawsuit by ruling that Brian Sinclair's charter rights died with him.

But lawyers for the family argue it's "cruelly

ironic" that a man who died because he didn't receive the care due to him under the Charter of Rights and Freedoms isn't allowed to sue because he is dead.

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Transit. Gord Steeves wants election to be referendum on BRT

When Winnipeggers head to the polls next month, Gord Steeves said he wants them to be voting with bus rapid transit at the top of their minds.

"This is a massive issue that's going to impact the residents of every single ward in this city," the mayoral candidate said on Friday during a press conference at the Osborne Street rapid transit station.

"My impression is that virtually no taxpayers in Winnipeg think bus rapid transit

should be the infrastructure priority of this city, and I agree with them."

To rally support for his position, Steeves is sending letters to all council candidates, encouraging them to speak with voters about BRT.

Steeves also re-issued his challenge to rivals Judy Wasylycia-Leis and Brian Bowman to explain how they would pay for their commitments to build more bus rapid transit lines.

COLIN FAST/METRO

Sextrade

Man charged with pimping teen

A Winnipeg man is facing charges after police say he forced a teenaged girl into prostitution.

Police said Sunday the man befriended a 17-year-old girl in August 2013 and "counselled, aided and

coerced" her to work in the sex trade.

Police allege the suspect physically abused the victim between May and August 2014.

Walter Giovanni Bertone, 37, is charged with living off the avails of juvenile prostitution and uttering threats to cause death or bodily harm. He has been detained in custody. **METRO**

Charge laid in city's latest homicide

Stabbing. Cops say no axe involved in killing



SHANE GIBSON
shane.gibson@metronews.ca

A 25-year-old Winnipeg man is charged with second-degree murder in connection with the brutal killing of a woman at a St. Boniface home early Saturday.

A source originally told Metro the 24-year-old victim, who was found with serious upper-body injuries in a basement suite at a home at 98 Hill St. around 4:30 a.m., had been attacked with an axe, but police said Sunday they've only been able to determine a knife was used in her killing.

"At no time has the Winnipeg Police Service acknowledged an axe in this incident," said police



Police outside the home where a woman was stabbed to death on Saturday.
SHANNON VAN RAES/METRO

spokesperson Const. Jason Michalyshen, who couldn't say whether the size of the knife may have led to confusion over what type of weapon was used.

"I'm not going to get into

the specifics of a weapon in connection to the homicide," said Michalyshen.

The man is also charged with attempted murder after police say he slashed at an arresting officer with the

knife while attempting to flee the scene. Michalyshen said the suspect also tried grab the officer's gun before he was finally detained.

The officer received non-life-threatening injuries in the struggle.

Police said the suspect and the victim, who were in a relationship and lived in the basement suite together, had been fighting before the killing, and Michalyshen didn't rule out the possibility alcohol was involved.

Police are not releasing the victim's name pending family notifications.

Kyle William Hunter is charged with second-degree murder, attempted murder, attempting to disarm a peace officer, possessing a weapon for a dangerous purpose and failing to comply with an undertaking. He remains in police custody.

The homicide is Winnipeg's 18th of the year.

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UN meeting to focus on threat of ISIS

'Horrendous violence.'

Secretary-General Ban Ki-moon says he hopes the General Assembly will lead to consensus in fight against ISIS



This image captured from a video posted on a militant website, which has been authenticated, purports to show the leader of ISIS, Abu Bakr al-Baghdadi, delivering a sermon in Iraq. THE ASSOCIATED PRESS

A brutal terrorist organization that calls itself a state but lacks recognition from any government will take centre stage when more than 140 heads of state and government convene for the annual ministerial meeting of the UN General Assembly this week.

The head of the so-called Islamic State of Iraq and al-Sham (ISIS), a man called Abu Bakr al-Baghdadi, has not been invited. But the danger posed by the extremists will be the overriding theme.

"Together, we will address the horrendous violence in Syria and Iraq, where conflict and governance failures have provided a breeding ground for extremist groups," UN Secretary-General Ban Ki-moon told a news conference last week.

With world leaders grappling to stitch together a coalition and plan of action, Ban said he hopes the General Assembly session will help produce an international consensus to act against the extremist group.

U.S. President Barack Obama will lead a summit meeting of the Security Council to focus on one aspect of the threat — foreign terrorist fighters. A draft resolution expected to be adopted by the council would require all countries to prevent the recruitment and transport of would-be foreign fighters preparing to join terrorist groups such as ISIS.

It would also require the 193 UN member states to ensure that their laws and regulations punish nationals who travel — or attempt to travel — to another country to plan or carry out terrorist acts, and it threatens sanctions against recruiters and financiers for al-Qaida-associated groups. THE ASSOCIATED PRESS



Kenya commemorates one year since Westgate Mall attack

Gloria, 4, centre, whose father Christopher Chewa was killed in the Westgate Mall attack, wipes the tears from the eyes of her mother Faith Njoki as they hug, on Sunday. Her baby brother Edwin, 1, left, is held by a relative, after joining other families of the victims to lay flowers and remember at the Amani Garden memorial site in the Karura Forest in Nairobi. Kenya is marking one year since four gunmen stormed the upscale Westgate Mall in Nairobi, killing 67 people. A memorial plaque with the names of the victims was unveiled at the popular forest on the edge of the city. Families laid flowers for their lost loved ones, sharing memories and tears. BEN CURTIS/THE ASSOCIATED PRESS

Combating Ebola

Sierra Leone reaches last day of Ebola lockdown

Frustrated residents complained of food shortages in some neighbourhoods of Sierra Leone's capital on Sunday as the country reached the third and final day of a sweeping, unprecedented lockdown designed to com-

bat the deadly Ebola disease, volunteers said.

While most residents welcomed teams of health-care workers and volunteers bearing information about the disease, rumours persisted in pockets of the city that poisoned soap was being distributed, suggesting that public education campaigns had not been entirely successful. The disease has also touched Guinea, Liberia, Nigeria and Senegal. THE ASSOCIATED PRESS

California drought

Central Valley wells running dry

Hundreds of domestic wells in California's drought-parched Central Valley farming region have run dry, leaving many residents to rely on donated bottles of drinking water to get by.

Girl Scouts have set up collection points while local charities are searching for

money to install tanks next to homes. Officials brought in water for families in greatest need and put a large tank in front of the local firehouse for residents to fill up with water for bathing and flushing toilets. About 290 families in East Porterville have said their shallow wells are depleted. Officials say the rest of Tulare County has many more empty wells, but nobody has a precise count. THE ASSOCIATED PRESS

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Massive march ahead of summit

People's Climate March. Activists gather in NYC to draw attention to global warming

Tens of thousands of activists walked through Manhattan on Sunday, warning that climate change is destroying the Earth — in stride with demonstrators around the world who urged policy-makers to take quick action.

Starting along Central Park West, most came on foot, others with bicycles and walkers, and some even in wheelchairs. Many wore costumes and marched to drumbeats.

But their message was not entertaining:

"We're going to lose our planet in the next generation if things continue this way," said Bert Garskof, 81, as a family member pushed his wheelchair through Times Square.

He had first heard about global warming in 1967, "when no one was paying much attention," said Garskof, a native

New Yorker and professor of psychology at Connecticut's Quinnipiac University.

Organizers said more than 100,000 marched in New York, including actors Mark Ruffalo and Evangeline Lilly. They were joined in midtown Manhattan by United Nations Secretary-General Ban Ki-moon, former vice-president Al Gore and New York City Mayor Bill de Blasio.

On Tuesday, more than 120 world leaders will convene for the United Nations Climate Summit aimed at galvanizing political will for a new global climate treaty by the end of 2015.

"My sense is the energy you see on the streets, the numbers that have amassed here and in other cities around the world, show that something bigger is going on, and this UN summit will be one of the ones where we look back and say it was a difference maker," de Blasio said.

The New York march was one of a series of events held around the world to raise awareness about climate change.

THE ASSOCIATED PRESS



Demonstrators make their way down Sixth Avenue in New York during the People's Climate March on Sunday. Scan the photo with your Metro News app to see a gallery of images from the rally. JASON DECROW/THE ASSOCIATED PRESS

Reports

Pollution rising

Scientists estimate that the world spewed far more carbon pollution into the air last year than ever before.

That was mostly because

of increases from the three biggest polluters: China, the U.S. and India. The reports released Sunday by the International Global Carbon Project team come as world leaders meet at the UN to discuss reducing heat-trapping gases. THE ASSOCIATED PRESS

Reporting on the march

'A profound experience'

MILA PETKOVIC
mila.petkovic@metronews.ca

Blurry-eyed, perspiring slightly and tummy rumbling, I came to as we pulled into the Big Apple at 6 a.m. after a 10-hour-plus bus ride from Toronto.

I stumbled down the steps and into the sunlight in front of Sts. Luke & Matthew church in Brooklyn. This would be our home for the next couple of days.

I was there to cover the People's Climate March as part of a media team making a documentary about the events surrounding the UN Climate Summit, to take place Sept. 23.

My in: Toronto350.org (one of the organizers of the rally committed to curbing climate change). My

company: Five busloads of concerned citizens totalling 280 individuals who would ultimately contribute to a march of more than 300,000 people (according to organizers) on the Sunday prior to the summit.

During the march, I interviewed people from all walks of life who came from far and wide to have their voices heard — a mom and her children from Philadelphia; two men from the Dominican Republic; indigenous women from Canada; NYPD cops; and a 93-year-old Second World War veteran from New York.

This was without a doubt the largest climate change march in U.S. history and the sheer volume of people overwhelmed me with emotion.

The kinship demonstrated amongst 300,000 everyday people and complete strangers created a profound experience that both transcended and powerfully addressed the issues we face.

IF IT'S UNMISTAKABLY ANY COLA

The fact is, it doesn't matter what you choose. All beverage containers are recyclable, regardless of what's inside. So whether it's a bottle, can, carton or juice box, be sure to drop it in a blue bin after you're done.

Enjoy it. Recycle it.

RECYCLE EVERYWHERE

G20 meeting. Canada's finance minister urges weaker economies to follow our lead

Different economic situations require different approaches to meeting the G20's economic targets, Canada's finance minister said Sunday as he urged Europeans to follow Canada's recession-busting model.

Though finance chiefs from the 20 largest economies said they will focus on infrastructure investment to help reach the goal of boosting world GDP by more than \$2 trillion over the next five years, that's not necessarily the direction Canada is headed, Joe Oliver said.

"The type of action that we can take is different than the type of action that some, but not all, European countries have to take," Oliver told reporters in a conference call from Sydney where he was leaving the G20 finance ministers' latest talks.

Oliver said the government's stimulus program from 2008 achieved its desired goals.

Now, Oliver said, econom-



Joe Oliver
THE CANADIAN PRESS

ic growth in Canada will come from increased labour mobility, lower taxes, trade and he hinted that more will be revealed in the next federal budget.

By contrast, some European economies are still fighting an uphill battle, Oliver said.

"We need to provide flexibility for some countries to undertake the actions and some structural changes as well to get the growth going," he said.

"It should be done in the same way — a timely, targeted program which is temporary and where a credible plan to achieve a fiscal balance is set out and pursued when the need for a more stimulative program becomes less important."

THE CANADIAN PRESS

Will Nordstrom strike gold here?



HOW TO ROLL
Alison Griffiths
metronews.ca

Nordstrom has arrived in the frozen north, its Chinook Centre location having opened in Calgary last Friday. Hurray! Finally, another place besides Holt Renfrew to buy \$100 pantyhose and \$200 T-shirts. I've been waiting a long time for a little more choice in my luxury shopping.

But here's a big question for investors: Will Nordstrom do a giant face-plant as Target did when it brought the big red ball to Canada?

Shortly after arriving in these climes last year, Target's share price climbed rapidly from \$58 US to \$73 US, and then almost as quickly slid to \$55. The stock has pulled itself back to nearly \$64, though its relationship with Canadians is still on rocky ground. On average, analysts covering the company have a 12-month \$60 target on Target.

In contrast, Nordstrom has been one of the more successful retail stocks in the last

Taking stock

Retail stocks in 2014 (to end of August):

- **The best:** Barnes & Noble Inc., +49%
- **The worst:** Aeropostale Inc., -61%

two years, during a period of incredible volatility in this already highly volatile consumer discretionary sector.

Since Target's Canadian launch, Nordstrom has marched upward from \$51.50 to nearly \$70. (Granted, there have been some big dips along the way, but it wouldn't be retail without the roller-coaster.) Analysts are predicting that the company, which offers you a place to drink Chardonnay with your Jimmy Choo shoes, will make it to \$74.

Target's Canadian swoon is attributed to a supply chain screwup, over-aggressive expansion and a total misread of the Canadian consumer.

In contrast, Nordstrom's success to date has been



Nordstrom recently opened its first store in Canada. THE ASSOCIATED PRESS FILE

credited to strong and cautious management south of the border, which bodes well for the rollout of a mere handful of stores here (Ottawa and Vancouver are planned for 2015).

That's all true, but there's more. Target in the U.S., especially for cross-border-shopping Canadians, was a destination. Shoppers loved the bright, friendly atmosphere and cheap clothes that were a tad sexier than the fare offered by the likes of Walmart.

Now brutal competition from other discounters plus the explosion in e-shopping has weakened Target's uniqueness.

Nordstrom, on the other hand, still has destination written all over it. Shoppers are drawn to the experience. It's nice to be fawned over while you empty your wallet.

I might still buy those \$10 T-shirts at Target, but when it comes to stock, I'd incline to Nordstrom.

3D printer heads to space

A SpaceX cargo ship rocketed toward the International Space Station on Sunday, carrying the first 3D printer for astronauts in orbit.

In all, the unmanned Dragon capsule is delivering more than 2,270 kilograms of space station supplies for NASA.

Dragon should reach the space station Tuesday. It's the fifth station shipment for the California-based SpaceX, one of two new commercial winners in the race to start launching Americans again from home soil.

The space station was soaring over the South Pacific when the SpaceX Falcon 9 thundered into Florida's pre-dawn sky. Sunday's weather was ideal for flying, unlike Saturday, when rain forced a delay. The rocket was visible for

Price tag

\$30M

A \$30-million US device for measuring ocean winds is also flying up on Dragon.

nearly three minutes as it sped out over the Atlantic, with the Orion constellation as a backdrop.

"What a beautiful morning it was," said Sam Scimemi, NASA's space station division director.

Sunday was a red-letter day for NASA in more ways than one.

Besides the flawless launch, the space agency's Maven spacecraft was on the verge of reaching Mars. The robotic explorer was scheduled to go into

orbit around Mars late Sunday night.

The space station-bound 3D printer was developed by Made in Space, another California company. It's sturdier than Earthly models to withstand the stresses of launch, and meets NASA's strict safety standards. The space agency envisions astronauts one day cranking out spare parts as needed. For now, it's a technology demonstrator, with a bigger and better model to follow next year.

A \$30-million US device for measuring ocean winds is also flying up on Dragon, along with 20 mice and 30 fruit flies for biological research and metal samples for a golf club manufacturer looking to improve its products.

THE ASSOCIATED PRESS

Markets this week

Traders buzzing about BlackBerry

Financial markets can look forward to some relative calm this week, with little in the way of key economic data expected in North America.

However, traders will be watching the latest earnings

report from smartphone maker BlackBerry on Friday. CEO John Chen was hired last year to reshape the troubled company, which has cut costs and refocused its product and service offerings. It's expected to release a smartphone dubbed the Classic and a new format device called the Passport by the end of the month.

This week will be a marked change from recent trading sessions, which included unease over the independence referendum in Scotland in which Scots voted to remain in the United Kingdom and the latest interest rate announcement from the Federal Reserve in which the U.S. central bank took a stand-pat stance. THE CANADIAN PRESS

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SYSTEM KEEPS THOSE IN POWER IN POWER

“Throw the bums out.”

I think I’ve heard that sentiment more frequently during this civic election campaign than in any other election in recent history.

But the trouble is, the bums do everything they can to cling to power, and remind us of only the good things they’ve done. I wrote a few months ago about how the city’s election laws are stacked in favour of incumbents. While new candidates are banned from spending a dime on their campaigns until the official registration date (May 1 for mayor, June 30 for councillor), current council members are free to spend thousands of city dollars promoting themselves through newsletters and ads.

But now that we’re officially into the campaign period, everything must be fair, right?

Nope.

Thanks to another loophole in city regulations, councillors are permitted to keep on spending public money to slap



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

their faces on bus benches, recycling bins and community centre billboards all across their wards.

The official explanation is that while councillors aren’t allowed to use their ward allowances to buy new advertising after June 30 of an election year, it’s okay to keep ads in place if they were bought as part of an annual contract. That makes no sense. You can book most of these spaces for shorter periods of time, and even if councillors do get a better deal on an annual contract, the ads could be removed during the campaign period.

Councillors also have the advantage of continuing to participate in ribbon cuttings for

new facilities or other major public announcements that earn them free media coverage.

As just one example, Mayor Katz was on stage for the opening ceremony for the Canadian Museum for Human Rights last week. While the mayor isn’t running for re-election,

I have no doubt even if he was, he’d still be up there revelling in the national spotlight.

The provincial government has rules that prevent the government from promoting itself or announcing initiatives within 90 days before an election. The new city council should consider revising its own guidelines to ensure elections are level playing fields for all participants.

One place where all candidates will be treated on the level is at Metro Winnipeg’s ElectionFest, taking place tonight at the Winnipeg Convention Centre from 6:30 to 8:30 p.m.

At last count, we’ll have 56 of the 66 candidates for mayor and council in attendance, along with a handful of school trustee hopefuls as well.

There are no speeches or moderators — just a chance for voters to come down and meet face-to-face with the people who want to run our city.

It’s like an election trade show, or speed dating with the candidates. Or like Comic Con for political nerds ... although you can leave the Rob Ford costumes at home.

Super troopers



Revellers dressed as stormtroopers of the Galactic Empire pause during a Star Wars parade in Madrid, Spain, over the weekend. ANDRES KUDACKI/THE ASSOCIATED PRESS

Thousands take part in Spanish Star Wars parade for charity

Thousands of revellers took part in a Star Wars parade for charity over the weekend in Madrid.

Darth Vader, his guards and troops landed in Retiro Park to meet with all of the forces of

the empire.

Attendees were able to take photos with their favourite troops and engage in a friendly fight after the parade.

The event was part of a charity event for FEAPS Madrid, an organization that aims to promote the social inclusion of people with intellectual disabilities.

METRO

Who were the stormtroopers?

Stormtroopers are the elite soldiers of the Galactic Empire.

- These faceless enforcers of the New Order were considered an extension of the Emperor’s will, and often used brutal tactics as a way to keep thousands of

star systems throughout the galaxy in line.

- With few exceptions, they are distinguished from all other military units by their signature white armour.

STARWARS.WIKIA.COM

MetroTube

How rude!



ANDREW FIFIELD

andrew.fifield@metronews.ca

Supremely gifted athletes such as Maria Sharapova earn praise for their otherworldly focus in the sort of high-pressure situations that would crush lesser mortals like us. But perhaps it’s time we give a little of that same love to musicians. Flutist Yuki Ota has certainly earned it, after advancing to the second round of an international competition despite this rude interruption from the loveliest of insects — lovely and rude. (Odensesymfoni/YouTube)



THE CANADIAN PRESS FILE

Twitter

@metropicks asked: A Canadian-led study into the “Jesus in Toast” phenomenon — why people see famous faces in objects — won a science prize for funny research. Which weird phenomenon would you like examined?

@Laurenkparsons: when you can’t think of something and you walk through a doorway to remember.

@trifur: kinda looks like Bob Marley to me.

Join the conversation @metropicks

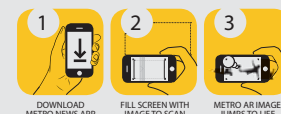


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 7 in News, page 10 in Scene and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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Ebooks



The Maze Runner: Movie Tie-In Edition

By James Dashner

Kindle/iBooks/Kobo



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

The book is a dark, sinister tale of boys trapped within an ultra-violent experiment to test their survival. The movie is a strangely sporty, feel-good adaptation. Loaded with video clips, photos, and featurettes, this enhanced edition makes for a useful comparison. With its made-up language and more honest portrayal of youthful despair, the book better serves its dark, challenging themes.

Television



Joan Rivers GETTY IMAGES FILE

El's gotta have Fashion Police — even without Joan Rivers

The E! TV channel says that Fashion Police will continue without Joan Rivers.

The decision was made that the late comedian would have hoped that Fashion Police continue, E! said. Rivers' daughter, Melissa, who is the show's executive producer, agreed and gave her "blessing," the channel said.

Fashion Police will return next January, starting with Golden Globes coverage, E! said. No further details about the show, including whether Rivers would be replaced, were announced. Other show hosts include Kelly Osbourne.

THE ASSOCIATED PRESS

Lady Gaga talks recovery from the 'pain of fame'

Flying free. Working on album with Tony Bennett helped singer get her groove back

After hip surgery and parting ways with her longtime manager, Lady Gaga says things are looking up.

"I'm very centred now. I meditate a lot. I'm happy. I am more sober than I've ever been," said the singer. "It's a very happy time in my life."

Last year, Gaga parted ways with longtime manager Troy Carter, who helped the pop star achieve multi-platinum status, dominate the pop charts and win multiple Grammy Awards. She said she was overworked and that greed led to their split.

"Part of what was making my sort of artistic experience so unpleasant was that I felt that I was not able to truly freely fly as an artist," she said. "In some ways my talents were not being used to their full potential."

Gaga says part of her happier state of mind comes from working with Tony Bennett on the album Cheek to Cheek, out on Tuesday.

The 28-year-old is currently on an international tour that wraps Nov. 24 in Paris. Calling from Istanbul, she spoke about being unhappy, letting go of her manager, her under-selling ARTPOP album and performing in Tel Aviv.

Did your disagreements with management affect the making of ARTPOP?

It certainly affected my mind during ARTPOP. I would have to say that whole situation had less to do with creativity differences and more to do with me really needing some time for myself to be creative.

My schedule was way too difficult. I was not able to keep up and my whole business became very focused on making as much money as possible as quickly as possible, which is really not where my heart is.

My integrity as a musician is so much more important to me than money ... While I was making ARTPOP, I was very tired. I'm actually very proud of ARTPOP. As much as it's had a lot of criticism, I think a lot of that had to do with where I am in my career. I've been on top for a long time. I think it's the nature of this industry; we love to build them up to tear them down.



Scan this photo with your Metro app to see a video of Lady Gaga and Tony Bennett singing I Can't Give You Anything But Love.
KARIM SAHIB/AFP/GETTY IMAGES

Quoted

"My schedule was way too difficult. I was not able to keep up and my whole business became very focused on making as much money as possible as quickly as possible, which is not really where my heart is." Lady Gaga

You sound like you're in a good place. Is that spilling over to the new music you're creating?

It is in the very super-early stages. I'm always writing music. I was up all the other night here in Istanbul writing and they had a lovely piano in my room and I was so excited, especially when I get to play a real stringed piano, not an electronic one; that always makes me happy. I've been writing some (songs) that I'm really sort of surprised at myself.

I have a lot of pain built over the past few years. It was very difficult being on the road for the Born This Way Ball without having a full, proper team around me. I was going through a lot of pain with my body that led to the hip surgery. I call it the pain of fame:

Your life changes a lot and the people that are around you, they change too.

Money makes people crazy and they see your life change and all of the luxuries and the things that come with becoming a star and they think, "I've known her my whole life ... or I've been here this whole time, I deserve all of that, too."

Other singers have backed out of performing in Tel Aviv. How did you make the decision to perform there this week?

I was very confident based on my relationships with lots of internal, political people. We're very lucky to have great relationships with the White House. They let us know it would be very safe while we were there, and I hope to share

that with the world so that they know it is safe to be in Tel Aviv right now ... I'm a gypsy and I live around the world, so in my mind when I was staying in Tel Aviv — I say this on my song Gypsy on ARTPOP: "Be my home just for the day" — that would have been my home while I was there and it was ... I felt a beautiful energy when I was there.

U2 released its new album alongside Apple, and Jay Z and Beyoncé also released recent albums in unconventional ways. What do you think about that and do you think of innovative ways to release music when readying a project?

I think honestly what we need to be doing, and this is my opinion, is instead of trying to find ways to trick the world into focusing on the album for a brief moment, I think that artists need to speak more about how media treats the artists and making the distinction between the celebrity and the artist, because everything is all in one pool now isn't it? We're all the same and there are some pretty terrible celebrities out there, let's be honest, right? People famous for no reason.

So, I think the more the media can help us to support the artist and support music in a way that's maybe less critical for journalists that are not as knowledgeable about music and help to just spread the music and see the music as gift to the world. I really believe that once the press becomes more kind, I think a lot of the things in the universe are going to change.

It makes me scared when I hear that there's pro-ISIS (the Islamic State of Iraq and al-Sham) rallies in America because I think that social media has created this sort of negative undertone in the universe. People feel that they can say or do anything; it makes them feel a sort of comfort when really it's just giving hatred a petri dish to fester.

I know that was sort of a random answer for a question about album marketing. I really believe it lies in the hearts in the people that are writing about the music. The more we honour and support the artist, the more the art will live on forever. Otherwise, it's going to continue to be what I think pop music is now, which is sort of this giant tabloid. It's become quite trashy, in my opinion. THE ASSOCIATED PRESS

Clay's on the campaign trail, and he wants to talk celeb selfie leaks

A new batch of nude selfies supposedly belonging to celebrities like Kim Kardashian, Vanessa Hudgens, Lake Bell and Avril Lavigne hit the web over the weekend, flooding Twitter and Reddit. It's unclear whether this new batch of photos, coming three weeks after the massive iCloud hacking celebrity photo leak, are authentic, and reps for the women have had no comment.

But you know who does have a comment? Clay Aiken. Because obviously everyone was waiting for him to chime in on the subject. "Anybody who takes inappropriate pictures of themselves deserves exactly what they get," Aiken tells the Washington Post. "Of course whoever (stole and released the photos) should be hogtied. And it's unfortunate that we don't have Internet security right now or the laws in place to protect people from



Clay Aiken ALL PHOTOS: GETTY IMAGES

pirating that stuff." Maybe Aiken, who is running for a congressional seat in North Carolina, can make that part of his platform: admonishing people for their personal choices and trying to stop "pirating that stuff." Has a nice ring to it.



Julia Volkova, left, and Lena Katina.

t.A.T.u singer is OK with someone being gay — just not if it's her son

I know we've all been waiting for the girls from t.A.T.u., the faux-lesbian one-hit wonder Russian duo, to chime in on the subject of homosexuality considering the increasingly hostile environment toward gays and lesbians in Russia. Well, I've got some bad news. Singer Julia Volkova would not be too thrilled if she ended up with a gay son. "Yes, I would condemn him, because I believe that a real man must be a real man," she said during

an appearance on a Ukrainian talk show. "God created man for procreation, it is the nature. ... I won't accept a gay son." But don't worry, guys. Some of her best friends are gay and she's totally down with them, so long as they're not related to her. "I'm not against gays, I just want my son to be a real man, not a f—," Volkova adds. Oddly enough, she didn't say how she'd feel about having a daughter who pretended to be a lesbian to boost album sales.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



Matt Damon is ready to be Bourne again



STARGAZING
Malene Arpe
scene@metronews.ca

This Week in Reboots: 1) I Know What You Did Last Summer is getting a redo. 2) Matt Damon may finally reprise his Jason Bourne role. 3) Casting begins for the sort-of sequel to Richard Linklater's Dazed and Confused. 4) King Kong is getting yet another wake-up call for Skull Island. 5) Richard Lugner, an 81-year-old Austrian construction mogul, marries 24-year-old Playboy model Cathy Schmitz.

After berating a wheelchair user for not standing up at his concert,

Kanye West says the media should stop "demonizing" him as he's a "married, Christian man with a family." He went on to explain that, as an avid fan of the Ming Dynasty, he's upset over the price of vegetables and will start sleeping in on the weekend.

This Week in Pop Tarts:

1) Selena Gomez got bangs. 2) Demi Lovato says a fan farted on her. 3) Ariana Grande reportedly said she wishes her fans would just die.

Martha Stewart says of Gwyneth Paltrow and GOOP, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Martha Stewart has now officially reached the age known as "Watch me expertly fold this linen napkin into a flock of swans while not giving one silent, ladylike burp what you think."

No more scooting the kids to school, Paltrow

Sorry, kids. No more Roman Holiday-themed trips to school for you. Gwyneth Paltrow has reportedly been told by school officials that she can no longer drop off and pick up kids Apple, 10, and Moses, 8, on her Vespa scooter, according to Page Six. "The scooters had been convenient for zipping around Los Angeles traffic, and dropping the kids off at school without having to wait with other parents and kids in the carpool line," a source says. "After Gwyneth was photographed on the Vespa pulling out in front of a bus (last year),



Gwyneth Paltrow

school chiefs reprimanded her and said they'd rather she and Chris (Martin) didn't bring the kids to school on scooters." A rep for Paltrow says the story is made up and it's just a coincidence that Paltrow's kids now take the bus to school.



Ben Affleck

Ben's a gambling man who likes to count cards

That story about Ben Affleck getting kicked out of a Las Vegas casino for counting cards at blackjack? "That is a true story," he confirms to Details magazine. "I knew with blackjack that there's a way you can improve your odds, and so I started trying to learn. And then I just got to a point in my life where I'm like, 'If I'm going to do something, I'm going to try and do it really

well.' It was sort of presented like I did something illegal. You know what I mean?" We do, Ben. We do. The new Bruce Wayne thinks the whole system is messed up, man. "Once I became decent, the casinos asked me not to play blackjack. I mean, the fact that being good at the game is against the rules at the casinos should tell you something about casinos," he says.

Shonda Rhimes is angry — so deal with it

Shonda Rhimes read Alessandra Stanley's New York Times piece about her being "an angry black woman" and "a romance writer" in relation to the new show How to Get Away with Murder, and Rhimes is, well ... angry. "Wait. I'm 'angry' AND a ROMANCE WRITER?!!" Rhimes posted to Twitter. "I'm going to need to put down the internet and go dance this one out. Because ish is getting real." She also helpfully pointed out a glaring error in Stanley's story: Rhimes isn't actually the creator of How to Get



Shonda Rhimes

Away with Murder — Pete Nowalk is. He's white and male, but possibly still angry.

Twitter



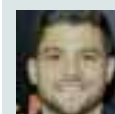
@rickygervais

You can fool all of the people some of the time & some of the people all of the time and that's enough to make a f---ing fortune.



@mindykaling

If your date orders a California roll and vegetable tempura you so know she is totally basic but you are also getting laid



@jerryfcerrara

Ironically I remember the code also to get right up to @MikeTyson in Punch Out, but cannot remember for s— where my check book is #0073735963

Raising kids is expensive, so set their priorities early

Baby steps. A child-specific budget will help control and balance their costs with family's needs



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Kids are expensive. Never mind what some people are prepared to spend to get them here — getting them “independent” can cost a small fortune.

You may need a bigger car. You may need a bigger home. And then there are all the costs of keeping your mini-me fed and clothed, dental bills, school supplies, hockey, ballet, soccer, karate — the list can seem endless.

The first year of a child's life is often pretty expensive. Not surprising, when you think of all the gear we have to get to bring baby home. And the cost of diapers!

It also comes as no surprise that costs go up when kids hit their teenage years.

So how do you get your kids to self-sufficiency without going broke? You make a budget.

Although many of the hard costs (food, the roof over their heads, transportation) fall naturally into your budget,



Parents sacrifice a lot for their children, but making the right choices early can help keep everyone happy. ISTOCK

there are costs that are uniquely associated with the kids. One kid is happy to live in jeans and T-shirts, while another won't wear anything but American Eagle. If Junior is a sports maniac, there are league fees, equipment costs and transportation costs. Never mind all the eating out on the road.

The trick to not letting kids' expenses get way out of hand is to allocate a specific amount to each child's activities and needs, and stick with the plan.

Start by listing all the

things your children do. Their needs won't be the same, and spending equally on them won't be more fair. Giving them what they need, when they need it, is the goal. Over time, as their needs shift, so should the way you allocate the money. And, over time, it should all come out even.

Some parents struggle with meeting their kids' needs while staying afloat financially. If you're a single parent or your family is living on one income, make sure you're claiming the eligible dependent amount on your tax return.

There are lots of other expenses that may be claimed on your tax return to mitigate your costs. Paying for a babysitter? Sending your kid to camp? Claim child-care expenses on the lower net income to get the biggest benefit. Get and keep your receipts to make your claim stick if it's challenged.

And don't forget about the child fitness amount of up to \$500 per year per child 16 and under, for everything from soccer to gymnastics.

Your kids' budget should include a regular amount set

aside for educational savings. If you start early, you don't have to set aside a lot, and each dollar you put into an RESP can help your child earn up to \$500 a year in free grant money.

When shopping for an RESP, make sure you stick with an individual or family plan offered by most financial institutions. Steer clear of the group plans or “scholarship trusts,” which have come under fire for being both expensive and inflexible.

Kids cost money, no question. We sacrificed fancy furniture and vacations in the early years. And my entertainment was sitting and watching my kids as they learned about the world. Those were some of my happiest years. We had a ball.

I shopped garage sales and second-hand stores, shared what I had with friends, and chose one activity at a time for my kids so they weren't overwhelmed and I didn't go broke.

It's all about the choices we make and about figuring out what's most important so we can prioritize those choices.

Kids don't arrive in designer labels, and they don't much care about stuff until someone teaches them to be concerned about what other people think.

Dodge that bullet and you can save yourself a fortune.

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Partying too much? Your phone knows

Mental health app. StudentLife app tracks behaviour patterns such as sleeping, eating and socializing

The first smartphone app that automatically provides indicators of mental health status has been created by researchers at Dartmouth University in New Hampshire.

The first version is oriented towards students, but is applicable to all populations, with an eye to reducing stress and increasing productivity and quality of life.

The StudentLife app tracks

mental health status via smartphone sensors. For the first test, a group of 48 students used the app to monitor their phone sensors, such as accelerometer, microphone, light sensor and GPS. The readings were used to interpret students' mental health based on factors such as stress, time spent socializing and physical activity.

The app was able to measure many behaviours automatically, including conversations in number and duration, sleep duration, walking, sitting, running, standing and the location on campus, discerning automatically between the gym, the cafeteria, parties and class. It could even detect eating habits.

The researchers compared

the results to traditional mental health evaluations of the test group and concluded the app's assessments were accurate.

The prototype version provided neither feedback nor interventions, but the idea is for individuals to be able to track their mental health and manage their stress before it wears on them enough to require doctors' visits.

“We purposely provided students with no feedback in this first study because we didn't want to use StudentLife as a behavioral change tool,” says computer science Prof. Andrew Campbell, the study's senior author. “Providing feedback and intervention is the next step.” **AFP**



A smartphone app is being developed to automatically track your behaviour and alert you if it senses undue stress or threats to your mental health. **AFP**

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Why leaning in is not for Zosia Mamet

Girls gone happy.

The actress, musician and columnist talks about pursuing passion and joins forces with Glamour to empower women to make a mark

LAKSHMI
GANDHI

Metro in New York City

Zosia Mamet is living proof that even if you don't think you can get a job you're going for, you should still try.

Along with her three co-stars, Mamet burst onto the scene two years ago with the premiere of the hit HBO show *Girls*. But many fans may be surprised to learn that after auditioning, Mamet was convinced that she would never get the role of Shoshanna.

"I was very ill. I had pneumonia," the 26-year-old Mamet recalls of the tape she sent in to the show's casting director. "I had no makeup on and I made it in a barn in upstate New York. I did one take because I was so sick, so I thought my chances were slim, but I was wonderfully surprised."

We recently caught up with Mamet to get her personal definition of success and to find out why she says she's not going to lean in.

How do you define a woman who is making her mark?

I think it's anybody who is contributing in a strong way to the world, or to their community or to their profession or their creative endeavour. There are many, many vast ways to make your mark. That's what (the



Perhaps best known for playing Shoshanna Shapiro on the HBO original series *Girls*, Mamet has also appeared in *Mad Men*, *United States of Tara* and *Parenthood*. GETTY IMAGES

Skylla Make Your Mark contest is trying to do): To inspire and engender amongst women the idea that you

can make your mark in so many ways. And you should feel good about whatever way that is.

You once wrote a *Glamour* column about the Lean In movement and how that's not for you. Can you talk

Making her own mark

It's been a busy couple of months for Mamet.

- In addition to working on *Girls* and her next album, she's also been writing a regular column for *Glamour* magazine.
- Mamet and the magazine recently teamed up with Bayer Health-Care to launch the Skylla Make Your Mark contest, which seeks to promote young women from all walks of life who are making an impact in their fields.

more about that?

I rewatched *Baby Boom*, that Nancy Meyers movie. I've been a fan of the film since I was a wee tot, but I hadn't watched it in a few years as being sort of as an older human. And seeing this character who chose something other than the path that everyone thought she should choose, and how it actually ended up making her happier than she was.

I feel like often women are knocked for making choices that make them happier because they are not necessarily grand choices, and I think that is how feminism has become bastardized.

Choosing pleasure over the power suit

"I feel like often women are knocked for making choices that make them happier because they are not necessarily grand choices, and I think that is how feminism has become bastardized." Zosia Mamet

I felt very much in the same that you are making your mark as a woman no matter what you do — whether you are a CEO or a mother. But it's just the specific way that you're doing it, and if you're doing it with passion and confidence, then that's the most important.

I also heard that once when you were a little kid, you heard a bunch of grown-ups talk about work and you became really sad about that.

I used to sneak into my parents' dinner parties and there was this common theme where people would start bitching near the end of the dinner party because they had to go home because they had to get up for work.

They would bitch about work and how they hated their jobs, and I didn't understand as a kid.

You're given this blank slate; why would you choose to do something that makes you unhappy? If you want to be a painter, be a painter. If you want to be a doctor, go be a doctor, you know?

And of course being an adult now I realize that sometimes there are things that keep you from your passion. I was just so saddened by it. To me, you should do something you love and are passionate about.

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When tweets are more tasteless than teehee

Dear Metro,

I noticed one of my young co-workers posting rude comments on Twitter. The things he's saying are not only inappropriate — they reflect badly on our company. He deserves to be reprimanded for this behaviour, but I don't necessarily want to get him in too much trouble so early in his career. What should I do?

— Don't Wanna Rat



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear DWR,

When it comes to tweeting your mind, there can be a fine line between self-expression and self-sabotage. Lots of RTs might make you feel invincible, but you're certainly not: more and more, social media fumbles lead to hard dismissals. Just last month in Ottawa, Opera



We've all got a peeve or two we dream of making public, but your boss may not find a broadcasted bash session as funny as this guy. ISTOCK

Lyra singer Valerian Ruminiski made the news after a Facebook post mocking a man's bejewelled Pride Week manicure got him booted from the company.

With that in mind, it seems this kid needs a lesson in consequences. If

you feel your colleague has promise — maybe his comments fall more into the "provocatively dirty" camp than the "outwardly prejudicial" camp — you could take him aside for a discreet but on-the-level chat. Tell him you came across

his feed, and wanted to let him know that he could be plunging himself into a big, job-threatening mess.

If your workplace has an on-paper social media policy, remind him of the guidelines — and of the should-be-obvious fact that

the digital sphere is by no means a private one. He should probably delete the problem tweets and definitely bolster his security settings. Or better yet, not broadcast damaging things to begin with.

But on that note, it's

worth questioning whether this person deserves to be reprimanded.

There is zero defence for tweeting sexist, racist or homophobic comments of any sort.

And with a worker's out-of-office behaviour increasingly regarded as a reflection of their company's brand, employees should assume that bigoted online speech is a fireable offence. (In addition to being an offence, full stop.)

But the slope can be slippery, particularly if an employer seeks to limit their staff's freedom to express political or religious viewpoints — or just to show their after-5 p.m. personalities, vulgar as they may be.

It's difficult to judge without knowing the content of your co-worker's remarks, but within limits, we should have the right to be rude.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Lessons from the desert

For the best ending, journal your own story

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the

Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Writing an account of a challenging journey at day's end can completely change the journey itself.

Taking on a complex

rehabilitation, a job search, an ultra-marathon in the desert or a project that will require tenacity and effort, sets us out on a road filled with potential setbacks and obstacles to overcome. The question is: How do we want the project to go?

Given the choice, most of us would say, "I want it to go well."

While writing a vision for a project flows naturally into a plan with strategies and tactics, writing afterwards involves documenting our own project's story daily, as

we experience it. The act of writing calls on us to behave in a way that will produce the desired outcome.

While training for the Gobi desert ultra-marathon, knowing I would be writing a few sentences at the end of each day forced me to consciously think about how my training would go. Would I want my journal entry to read: "I intended to run, but stayed in bed too tired to move," or, "Exhausted, I forced myself up to keep my word, got soaked by the rain,

and saw beautiful mist on Lake Ontario." Most would choose the latter.

While we all face challenges to keep commitments, deep down most of us want to keep our promises, be them to others or to ourselves. This is a main benefit of joining a running group for example — they make us feel accountable to our group. Since it is easy to let ourselves off the hook when struggling to keep our commitments, forcing ourselves to write about them significantly increases our sense

of accountability. Not only can this help us correct course daily, it can also activate us to consciously scan for insights in order to quicken the journey. More importantly, it can unlock our "inner warrior" to go far beyond what we first thought was impossible.

Chronicling the project can then cascade into being the proactive author of our own life's story.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Balance peppery flavour of arugula with the sweetness of sweet potato



This recipe serves six. ROSE REISMAN

Arugula Lentil Sweet Potato Salad. This dish is full of antioxidants, protein and fibre



ROSE REISMAN
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Here's a vegetarian delight using one of the most nutri-

FLASH FOOD



From your fridge
to your table in
30 minutes or less

tious greens: arugula.

This veggie is full of antioxidants that are known to fight free radicals to reduce the risk of cancer.

The protein and fibre in this salad come from the lentils, which are known to

lower cholesterol, prevent heart disease and stabilize blood sugars to prevent Type 2 diabetes.

Sweet potatoes are more nutritious than white potatoes, with more fibre and antioxidant. They are also a lower glycemic vegetable than the white potato.

Sweet potatoes' natural sweetness goes well with spicy arugula.

Directions

1. Preheat oven to 450 F.

Nutritional information

Per serving: 248 calories; 38.3 g carbohydrates; 6.6 g fibre; 8.4 g protein; 11.7 g total fat; 3.6 g saturated fat; 19.3 mg cholesterol; 172 mg sodium

Spray a baking sheet with vegetable oil. Bake the sweet potatoes for 10 minutes or just until tender. Cool.

Ingredients

- 2 cups peeled, diced sweet potato
- 8 cups arugula or spinach
- 1/2 cup black or green cooked lentils (freshly cooked or canned)
- 1/3 cup dried cranberries
- 1/2 cup sliced red onion
- 1/3 cup crumbled goat cheese

Maple Dressing

- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

2. In serving bowl add arugula, lentils, cranberries, onion, goat cheese and sweet

potatoes. Combine ingredients for dressing, pour over salad and mix well.



This recipe serves six. ROSE REISMAN

Asparagus' dramatic side

This is a great way to liven up asparagus when you want a more dramatic vegetable dish.

The flavours of the meat, cheese and veggies combine so well together.

They can also be a perfect pick for your next party appetizer!

1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

2. Place the prosciutto flat

on a clean work surface. Divide the goat cheese among the prosciutto slices, spreading it thinly down the centre. Place 3 to 4 asparagus spears crosswise on top of each slice of prosciutto. Wrap the prosciutto tightly around the asparagus and transfer to the prepared baking sheet. Spray the bundles with cooking oil.

3. Bake in the centre of the oven for 10 minutes or just until the asparagus turns

bright green and is slightly tender. Garnish with red pepper.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

Ingredients

- 6 slices prosciutto (about 4 oz)
- 1/2 cup softened goat cheese (2 oz)
- 1 lb trimmed thin asparagus
- 2 tbsp finely diced red bell pepper

Stamps taste defeat

Als put on vintage performance

With stars of the past like Ben Cahoon and Uzoma Okeke in the house, the Montreal Alouettes looked a little like the CFL East powerhouse they used to be.

Jonathan Crompton, who is starting to find his range at quarterback, threw touchdown passes to James Rodgers and Duran Carter as the Alouettes ended the injury-depleted Calgary Stampeders' six-game winning run with a 31-15 victory in the Hall of Fame game on Sunday.

The victory allowed Montreal (4-8) to keep pace with Hamilton and Toronto atop the woeful CFL East Division with four wins.

Crompton is now 3-1 as a starter since taking over from injured Troy Smith. All three wins came at home.

THE CANADIAN PRESS

Pigskin caper

Pinball's ring set to be whole again

RCMP say Michael (Pinball) Clemons will be getting his Grey Cup ring back after it was taken by a woman at B.C. Place Stadium during the Toronto Argonauts' 40-23 win over the Lions on Friday.

The former Argos star and current team vice-chair reportedly threw one of his four championship rings into the crowd for fans to look at during the game when a woman walked away with it. According to police, a 30-year-old Nanaimo woman later returned the ring to RCMP officials.

THE CANADIAN PRESS

Sunseri goes from playing goat to hero

Overtime thriller.
Inexperienced QB leads Riders' charge in come-from-behind over Redblacks

Tino Sunseri turned the boos he heard at halftime into a standing ovation at the end of the game.

In just his second start in the CFL, the second-year quarterback rallied the Saskatchewan Roughriders to a thrilling 35-32 victory in overtime over the Ottawa Redblacks at a sold-out Mosaic Stadium in Regina on Sunday.

Sunseri engineered a last-minute touchdown drive that tied the game at 32-32 and then set up the winning field goal by Chris Milo in overtime.

"I never saw doubt in his eyes," Riders head coach Corey Chamblin said of his quarterback.

Milo's game-winning kick in overtime was a 22-yard boot and it was his second opportunity to win the game. On the Riders' first overtime possession, he had to deal with a bad snap and his 37-yard attempt sailed wide.

Redblacks kicker Brett Maher had his game-tying, 37-yard field goal attempt blocked.

"We came in here at halftime and looked each other in the eye and said, 'Shoot, that's not how we wanted the first half to go,'" Sunseri said. "But we had 30 more minutes to put our statement on this game."



The Roughriders' Weston Dressler returns a punt for a touchdown while teammate Woody Turenne blocks Redblacks kicker Brett Maher on Sunday in Regina. LIAM RICHARDS/THE CANADIAN PRESS

Dazzling in defeat

Quarterback Henry Burris was a one-man offensive show for the Redblacks. Burris was 23-for-38 passing for 282 yards and three touchdowns. He also had a touchdown.

- "It stings because we had this game won," Burris said, after his team fell to 1-10 on the season.

sible comeback by the home team. A 60-yard passing play to Weston Dressler pulled the

Riders to within five at 29-24.

After a late field goal from Maher that pushed the Ottawa lead to 32-24, Sunseri's stage was set for a thrilling, last-minute scoring drive.

Sunseri completed passes to Dressler, Brett Swain and Chris Getzlaf before a pass interference penalty moved the Riders to the Ottawa one-yard line with 54 seconds remaining in regulation. One play later, running back Anthony Allen plunged ahead for a one-yard touchdown run to pull the Riders to within two at 32-30. Dressler caught the two-point convert to pull the Riders even. **THE CANADIAN PRESS**

4 SPORTS

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The Royals' Norichika Aoki celebrates after hitting a two-run triple against the Detroit Tigers on Sunday in Kansas City, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

MLB. Tigers far from home-free after 3-3 trip

Detroit is in prime position to win its fourth consecutive AL Central title. So while a sweep in Kansas City would have been nice, Tigers manager Brad Ausmus was feeling pretty good as he headed home for the last part of the regular season.

Rick Porcello was knocked out in the fourth inning, and the Tigers went on to a 5-2 loss to the Royals on Sunday.

Kansas City pulled within 1 1/2 games of Detroit for the top spot in the division. The Tigers finished a 3-3 road trip.

"Certainly it's nice to get two out of three," Ausmus said. "If we would have swept, I would have liked it even more. But we got one out of three in Minnesota so the road trip wasn't what we would have liked. It's hard to sweep and it's difficult in their ballpark."

The Tigers finish with seven home games against Chicago and Minnesota, the two bot-

Kansas wait nearly over

Kansas City pulled within 1 1/2 games of Detroit for the top spot in the division. The Royals, looking for their first playoff appearance since they won the World Series in 1985, also stayed in position for a wild card.

tom teams in the division. The Tigers are 3-4 at home against the White Sox, and 3-3 against the Twins.

"Sometimes it's not who you are facing, it's when you are facing them," Ausmus said. "And a lot of times it's a particular team matching up well. There's not always an answer to something like that. It's just baseball."

"I'm not comfortable. We can't take either of these teams lightly." THE ASSOCIATED PRESS

MLB

Jays drift farther out of playoff race

Masahiro Tanaka made a triumphant return from an elbow injury that sidelined him for 2 1/2 months and a rejuvenated Derek Jeter got yet another big hit on his final homestand, leading the New York Yankees over the Toronto Blue Jays 5-2 Sunday.

THE ASSOCIATED PRESS

MLB

Braves' wild-card collapse complete

The Atlanta Braves were knocked out of the playoff race Sunday after a stunning late-season collapse, losing to Jacob deGrom and the New York Mets 10-2. A half-game out of first place in the NL East on July 29, the Braves have gone 18-30 since then to fall 15 back of Washington. THE ASSOCIATED PRESS

Seahawks handle Broncos' late push

Super Bowl rematch.

Manning's heroics come up short as Wilson puts game away on first possession of overtime

Once Peyton Manning had completed a frantic fourth-quarter rally to force overtime, Russell Wilson could admit to being a little selfish.

Wilson wanted the spotlight himself—to put together one final drive, keeping Manning sitting on the sideline as a spectator and making sure the Super Bowl rematch went in favour of the champions.

"I can't wait for those moments, those big-time moments and have guys to continue to believe in what we do," Wilson said. "That was a great experience tonight."

Wilson kept Manning and the Denver Broncos from seeing the ball in overtime. He led Seattle on an 80-yard drive on the first possession of the extra session, capped by Marshawn Lynch's six-yard touchdown run for a 26-20 victory over the Broncos on Sunday.

The Super Bowl rematch lived up to the billing of what everyone expected in February and never transpired. The 43-8 blowout by Seattle (2-1) was replaced this time by Denver (2-1) rallying from a 17-3 fourth-quarter deficit to force overtime by going 80 yards against the best defence in the NFL in the final minute of regulation.

And then Wilson upstaged



Seahawks running back Marshawn Lynch dives over the Broncos' Aqib Talib and into the end zone for the game-winning touchdown in overtime on Sunday in Seattle. Scan the image with the Metro News app for more NFL results from Sunday. JEFF GROSS/GETTY IMAGES

On Sunday

26

Seahawks

20

Broncos

Manning. After nearly getting sacked for a safety and throwing an interception in the fourth quarter, Wilson was brilliant in overtime rushing for 21 yards and completing

four of six passes.

Lynch went the final six yards for the win.

"I don't think anyone ever doubts Russell. He's just too good," Seattle tight end Zach Miller said. "If you think he's struggling at all, you know he's going to make plays like he did with his feet. He was so huge there in that second half and overtime. You always trust in him."

After being hesitant to run in regulation, Wilson scrambled for first downs in overtime. His seven-yard pass

to Percy Harvin was the precursor to Lynch's TD run and a collective exhale after Manning's dramatics in the fourth quarter.

Wilson finished 24 of 34 for 258 yards and touchdown passes of 39 yards to Ricardo Locke and five yards to Lynch, both late in the first half. Wilson rushed for 40 yards, most coming in overtime, while Lynch added 88 yards rushing.

"That really was a championship game today," Seattle coach Pete Carroll said.

THE ASSOCIATED PRESS

Car crash. Retired kicker dies minutes from home

Rob Bironas, who worked his way through odd jobs and the Arena Football League before becoming one of the NFL's most accurate kickers, died in a car crash. He was 36.

The former Tennessee Titans player died Saturday night when he lost control on a curve in his 2009 GMC Yukon Denali and crashed after 11 p.m. less than a mile from home, Metro Nashville police said.

THE ASSOCIATED PRESS



Rob Bironas with the Tennessee Titans in August 2012. GETTY IMAGES

F1. Hamilton jumps back to top of overall standings

Lewis Hamilton took the lead in the Formula One drivers' championship by winning the Singapore Grand Prix on Sunday, leapfrogging teammate Nico Rosberg who had to retire early with a gear-selection failure.

Hamilton led comfortably but was forced into a late pit-stop, briefly giving up the race lead to Red Bull's Sebastian Vettel, before he passed the German seven laps from the finish to win by 13.5 seconds.

THE ASSOCIATED PRESS



Lewis Hamilton gets sprayed by Sebastian Vettel on the victory podium on Sunday in Singapore. GETTY IMAGES

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

If you believe from start that something will go wrong, you increase the chances of failure ten-fold. Whatever you are involved with this week, keep telling yourself that you know it is going to succeed.

♉ Taurus

April 21 - May 21

Be careful you don't offend people by making a joke about things they take very seriously. The world would be a better place if everyone could laugh at misfortune but it won't happen.

♊ Gemini

May 22 - June 21

Don't worry about money or problems because the Sun's change of signs tomorrow means you will soon have more enjoyable issues to focus on.

♋ Cancer

June 22 - July 23

You are torn between doing something you enjoy but which won't bring financial success, and doing something you don't enjoy that could be profitable. Be true to your instincts.

♌ Leo

July 24 - Aug. 23

You may fear losing something you are attached to but if it's got to go it's got to go and there is nothing you can do about it.

♍ Virgo

Aug. 24 - Sept. 23

Before starting anything new over the next few days remember your head will have to live with the consequences of what your heart decides.

♎ Libra

Sept. 24 - Oct. 23

Is it in your interests to follow a certain course of action? Your mind may be confused today but tomorrow, when the Sun moves into your birth sign, all will be clear, so leave it for now.

♏ Scorpio

Oct. 24 - Nov. 22

It doesn't matter how much you own or how much you earn. If you are happy with your lot, you don't need a lot. Bear that in mind over the next few days.

♐ Sagittarius

Nov. 23 - Dec. 21

A window of opportunity is about to close and if you don't take advantage of it right now it may be shut forever. There will be other opportunities but why waste this one when it seems tailor-made for you?

♑ Capricorn

Dec. 22 - Jan. 20

What happens over the next few days will have a big impact on your career. For that reason alone you must do the best work you possibly can.

♒ Aquarius

Jan. 21 - Feb. 19

A difficult time of year is drawing to a close and when the Sun moves in your favour tomorrow it will feel as if a load has been lifted from your back.

♓ Pisces

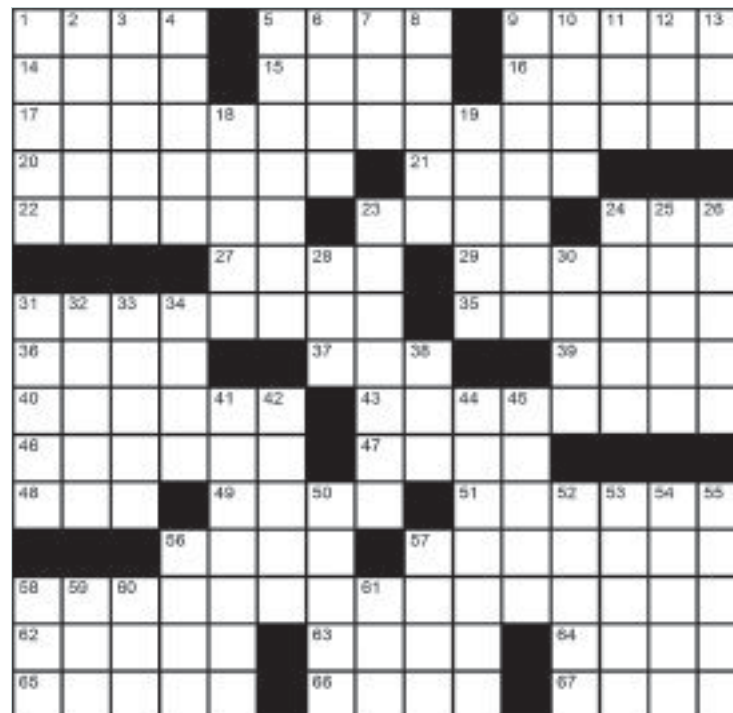
Feb. 20 - March 20

An issue you had forgotten about will return to annoy you today and this time you have got to deal with it effectively. Show people you can be firm.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Inactivity
5. Spring
9. Copper, for one
14. Wing-like
15. "___ la Douce" (1963)
16. Not late/Not on time either
17. At Ease! It's not compulsory in Canada: 2 wds.
20. ___ Music Prize, Canadian album honour
21. Yes
22. Writing implement
23. Prefix to 'scope'
24. Initials-sharers of Eddie Cibrian's ex-wife
27. Mozart opera, ___ Fan Tutte
29. Canada's capital
31. ___ sweater
35. Remained
36. Scent, variantly
37. "Gangnam Style" guy
39. Bobby Brown song
40. Rocker's amp effect
43. Edmonton... Art Gallery of Alberta's current exhibition, ___-Lautrec and La Vie Moderne: Paris 1880-1910
46. "Buffy the Vampire ___"
47. English river
48. Iowa's capital, ___



Moines

49. Shade's proper-upper
51. Cause and ___
56. Conserve
57. Inventive individual
58. Michael J. Fox movie: 4 wds.
62. 2002 to 2005 TV series, "Sue Thomas"

___"

63. ___ of a lifetime
64. Extends
65. Celebrated
66. 'Kitchen' suffix
67. Taking-away-from-something's result

Down

1. Safety ___ (Accessibility aids)

2. George ___, Silas Marner author
3. Oscar-winner Ms. Field
4. Lawyer's time to shine
5. Corporate go-between
6. Goes astray
7. Ms. Grant of music
8. Not in

9. British Columbia city
10. Roof's overhang
11. Three
12. Vodka, e.g.
13. Caustic solution
18. Load transporter
19. Across-the-Pond moneys
23. Road trip break: 2 wds.

24. CCR's "Born on the ___"
25. Ms. Stefani's
26. "Sexy ___" by The Beatles
28. Lightly take a drink
30. Edible root
31. Appetizer, ___ 'oeuvre
32. "Set Fire to the Rain" singer
33. Some stars
34. Squirrel's nest
38. Not me
41. Akin
42. Canadian channel
44. Payment for a service or facility: 2 wds.
45. 'The fire', in French: 2 wds.
50. Length unit
52. Lethal
53. Music piece
54. Casual pants, e.g.
55. Lock of hair
56. Canadian singer Ms. Sweetnam
57. Hibernia human
58. Dearest pal, texting-style
59. Homer's dad on "The Simpsons"
60. This, in Montreal
61. Very 'in' right now

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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